

JAMESTOWN PARKS & RECREATION

Senior Services and Programs — Spring Schedule 2018



To register for programs, please visit the Senior Center Recreation Center weekdays or register online at Jamestown.recdesk.com. Any questions regarding programs, please call Betsy Anderson @ 423-2761 or e-mail @ banderson@jamestownri.net.

WEEKLY ACTIVITIES

■ AQUA THERAPEUTICS

Who: Adults Ages 50+
Where: Absolute Fitness (Transportation Provided from Senior Center)
When: Tuesdays, 10:30AM – 11:15AM, Transportation leaves Center at 9:45AM
Dates: 3/27/18 – 5/15/18
Cost: Resident - \$40.00, Non-Resident - \$45.00
Head to toe water aerobics in a heated, saltwater pool. Fee includes steam room, Jacuzzi and transportation. Van leaves senior center at 9:45 am.

■ BONE STRENGTH & BALANCE

Who: Adults Ages 50+
Where: Jamestown Fitness
When: Three Different Classes offered: Wednesdays 11:00 – 11:45AM or Thursdays 2:45-3:30PM or Saturdays 10:00 – 10:45AM
Dates: Week of 3/27/18 – Week of 5/15/18
Cost: Resident \$40.00, Non-Resident \$45.00
This class offers a slow-paced muscle conditioning along with tendon and ligament flexion for improved balance and coordination. Use of standing or seated positions with the aid of a ballet bar are included (no mat work on the floor).

■ GROUP CROCHET

Who: Adults Ages 50+
Where: Senior Center
When: Wednesday 12:00PM-1:00PM
Dates: 3/28/18 – 5/16/18
Cost: Resident \$35.00, Non-Resident \$40.00
Come learn to crochet cozy creations for the winter months! Whether you are brand new to crocheting, or looking to expand your skills, all skill levels are welcome! You may bring your own yarn and hooks if you have them, but materials will be available at every class.

■ PORTRAIT PAINTING

Who: Adults Ages 50+
Where: Senior Center, second floor
When: Mondays, 10:00 AM – 12:00 PM
Dates: ONGOING
Cost: FREE
This is an unstructured open studio for experienced artists looking to practice skills on various mediums. (Bring your own materials) Older adult models sign-up and see what magic artist Tom Martino can do with an acrylic portrait on canvas for you to keep!

■ HEART-WISE WALKING

Who: Adults Ages 50+
Where: Recreation Center
When: Wednesdays & Fridays, 9:00AM-10:00AM
Dates: ONGOING
Cost: FREE
There's nothing better than starting the day off with a brisk walk and conversation! For the winter, walking takes place in the gym at the Recreation Center. Music is used at varied intervals of speed to help keep a quick pace, safe warm-up and cool down.

■ MAH JONGG (DROP-IN FOR EXPERIENCED PLAYERS)

Who: Adults Ages 50+
Where: Senior Center Ballroom
When: Fridays 9:30AM – 12:00PM
Dates: 3/30/18 – 5/18/18
Cost: FREE
Do you enjoy strategic games to keep the brain buzzing? We have formed a Mah Jongg group on the island that meets weekly. The game originated in China and is played with domino like tiles. New game sets, cards and pushers are available for players.

■ RUSTY PENS WRITING WORKSHOP

Who: Adults Ages 50+
Where: Senior Center Ballroom
When: Mondays 10:00AM-11:30AM
Dates: ONGOING
Cost: FREE
Activate the writer and your memories of life's experience. This creative writing workshop is designed to elicit reflections on your own stories, memories or new ideas. Beginners are welcome as well as those who simply wish to write for fun.

■ SEWING CIRCLE

Who: Adults Ages 50+
Where: Central Baptist Church Multi-Purpose Room
When: 2 Classes:
Thursdays 2:00PM-4:00PM, Thursdays 4:30PM-6:30PM
Dates: 3/29/18 – 5/17/18
Cost: Resident \$40.00, Non-Resident \$45.00
Bring together the spirit of community and creativity by learning to sew or developing your skills further. This program is intended



for anyone interested in having fun while learning new techniques-helping boost your confidence in tackling projects on your own. All equipment and tools are provided. Bring your own patterns and material to start or finish a project.

■ TAI CHI FOR ARTHRITIS

Who: Adults Ages 50+
Where: Senior Center
When: Mondays 9:00AM-10:00AM
Dates: ONGOING
Cost: FREE
Start the week of right and treat your body with the gift of Tai Chi. This program is based on a medically-proven form of gentle movement designed by specialists to relieve pain, help prevent falls and improve overall health and wellness.

HEALTH CLINICS & WORKSHOPS

■ ★ NEW ★ "TOOLS FOR HEALTHY LIVING"

Who: Adults Ages 50+
Where: Senior Center
When: Tuesdays for 6 weeks from 1:00PM – 3:30PM
Dates: 3/27/18 – 5/1/18
Cost: FREE
Formerly called "Living Well – Chronic Disease Self-Management", this proven-to-work program will help empower YOU to take charge of your health. You will receive information on eating healthier, becoming more active, improving your sleep, managing your medications, improving communication with family and doctors, coming up with plans for problem-solving and better decision-making, and managing pain, all while being able to meet new people. This non-clinical program will be taught by health educators trained at the RI Geriatric Education Center. A workbook will be provided and participants who complete the program will receive a gift card. *Stop in prior to this program's start for additional information on Tuesday, March 13th from 11:00am – 12:00pm (Senior Center, first floor) or Thursday, March 15th from 10:30am – 11:30am (Senior Center, second floor).

■ ★ NEW ★ URI PHARMACY OUTREACH PROGRAM

Who: Adults Ages 50+
Where: Senior Center, second floor
When: Thursdays, April 26 and May 24 at 1:00PM
Cost: FREE
The University of Rhode Island's Pharmacology Department conducts outreach programs providing information on a variety of topics such as: health, medication, nutrition and wellness, seasonal issues, etc. Students and their professors share helpful information on these topics and

answer questions you may have.
April 26th – "Pharmacy 101" Ever wonder why tablets are so large? Or why one month your tablet is pink and the next it is white even though it is the same drug? And what does ER, CR, and XR all mean? Join us for a discussion about the basics of medication.
May 24th – "Nutrition As We Age" Join us for a discussion of ways we can best adapt our nutritional needs as we age with dietary recommendations and supplementation.

■ WELLNESS CLINICS w/ RHONDA BRUNERO, RN

Who: Adults Ages 50+
Where: Senior Center, first floor
When: Tuesdays, April 3 and May 1 from 10:00AM – 11:30AM
Cost: Blood pressure and consults, no charge. Blood glucose screening, \$1.00. Cholesterol screening, \$5.00. Take advantage of these monthly health screenings and one-on-one consultations. It's a great opportunity to ask a nurse about your health status, medications, etc.

ART APPRECIATION

■ ★ NEW ★ RHODE ISLAND SCHOOL OF DESIGN PRESENTS "SNAPSHOTS"

Who: Adults Ages 50+
Where: Senior Center, Second Floor
When: Thursday, April 12 at 1:00PM
Cost: FREE
An armchair tour led by RISD Museum Docents will offer a visual presentation of some of the highlights of the museum's collection. The program last approx. 30 minutes and is followed by a time for questions and discussion. Whether you are an art connoisseur for years or if you just like to look at works of art, this program is for you! The selection chosen from the museum's collection is varied from sculpture, paintings, textiles, and includes contemporary, Asian, examples from 18th, 19th, and 20th century and more. Join us for this exciting presentation!



SENIOR SERVICES

WEEKDAY LUNCHEON

Full 3-Course Luncheon
Weekdays 11:30AM – 12:30PM
Suggested \$3.00 donation.
Meet your friends and relax over a lovely 3-course meal. We invite you to reserve a place at the West Street Café. Offered each weekday, you enjoy a nutritious, three-course meal or lighter options such as salads and sandwiches. Reservations are required 48 hours in advance by calling 423-2658.
Special Luncheon Event Dates:
St. Patrick's Day Meal – Thursday, March 15
St. Joseph's Day Meal – Monday, March 19
Monthly Birthday Party Meal – Tuesday, March 27
1st Night of Passover – Friday, March 30
M.O.W.
Arrangements for Meals on Wheels can be made by calling Meals on Wheels of RI at 351-6700.

Parks & Recreation Director: Andy Wade

Recreation Administrative Staff

Recreation Supervisor: Deb Hagie

Recreation Coordinator: Molly Conlon

Senior Services Administrative Staff

Senior Program Coordinator: Betsy Anderson

Meal Site Coordinator: Carrie Anderson

Park Maintenance Staff

Parks Foreman: Ron Parfitt

Laborer: Greg Pimentel

To register for programs, please visit the Recreation Department Monday to Friday 9AM-6PM or Register Online at jamestown.recdesk.com. If you have any questions regarding our programs please contact the Parks & Recreation Department at 423-7260 for Adult, Youth, or Teen Programs or 423-2761 for Senior Services.

EDUCATION/ INFORMATION SHARING

■ ★ NEW ★ AARP SAFE DRIVER COURSE

Who: Adults Ages 50+
Where: Senior Center, Second Floor
When: Wednesday, May 9 from 1:00PM – 5:00PM
Cost: \$15.00 for AARP members. \$20.00 for non-AARP members. Checks made payable to "AARP".
This 1-day course is intended to help drivers live more independently as they age and remain safe on today's roads. The course will cover defensive driving techniques and normal changes in vision, hearing, and reaction time associated with aging. The course also provides practical techniques for adjusting to these changes to ensure the driver's own safety and that of others on the road. Participants receive a comprehensive course workbook which includes a thorough review of the "rules of the road". Participants may be eligible for discounts upon completion of this course.



■ ★ NEW ★ COMMON CURRENT SCAMS

Who: Adults Ages 50+
Where: Senior Center, first floor
When: Thursday, May 10th from 10:00AM – 11:00AM
Cost: FREE
A representative from the Consumer Protection Unit for the State of Rhode Island Attorney General's Office will be at the Senior Center to offer information regarding current scams. Join us for a Coffee Hour and informational presentation which will include time for questions and answers. Learn how we can protect

ourselves from scams especially during Tax season.

■ ★ NEW ★ RAIL EXPLORERS PRESENTATION

Who: Adults Ages 50+
Where: Senior Center, second floor
When: Tuesday, March 20th at 1:00PM
Cost: FREE PRESENTATION
Jay Primiano and Becky Knight from Rail Explorers will be at the Senior Center to tell us all about the Rhode Island Rail Explorers. Their presentation will include a slide show, historical facts, and tour information. Jamestown Senior Center hopes to participate in one of these adventures in June 2018! Come learn about taking a tour on the Newport Railroad, built in 1852, on one of the custom built pedal powered rail explorers!

■ ★ NEW ★ R.I. LIVABLE HOME MODIFICATION GRANT PROGRAM

Who: Adults Ages 50+
Where: Senior Center, first floor
When: Thursday, March 8 at 11:00AM
Cost: FREE
Representative Deborah Ruggiero will visit the Jamestown Senior Center to share information about the RI Livable Home Modification Grant Program and will also be available to answer questions and address any concerns. Deborah is a very active voice for seniors in Rhode Island.

■ ★ NEW ★ SNAP OUTREACH REPRESENTATIVE

Who: Seniors
Where: Senior Center, first floor
When: Tuesday, April 3 from 11:00AM – 12:00PM
Cost: FREE PROGRAM
A SNAP (Supplemental Nutrition Assistance Program) representative from the URI Feinstein Center for a Hunger Free America will be available to answer questions and assist with applications. Stop in and take advantage of this opportunity for in-person one-on-one help.

SENIOR TRIPS

■ BOSTON FLOWER AND GARDEN SHOW

Who: Adults Ages 50+
Where: Pick-up @ Senior Center (6 West Street, Jamestown RI) Bus will leave senior center at 8:30AM, Return by 4:00PM
When: Wednesday March 14, 2018
Cost: \$56 (Lunch is on your own)

■ ★ NEW ★ MAGNIFICENT GARDENS OF RHODE ISLAND

Who: Adults Ages 50+
Where: Pick-up @ Senior Center (6 West Street, Jamestown RI) Bus will leave senior center at 10:30AM, Return by 4:30PM
When: Thursday, May 17, 2018
Cost: \$65 (Includes picnic boxed lunch of your choice at Blithewold Mansion) *Meal choices must be made prior to Thursday, May 10 by calling Betsy Anderson at 423-2761.

■ ★ NEW ★ WEDNESDAY TRIPS

Who: Adults Ages 50+
Where: Various Shopping Centers or Restaurants
When: Wednesdays 10:00AM-1:00PM
Dates: 3/28, 4/4, 4/11, 4/18, 4/25, 5/2, 5/9, 5/16
Costs: Resident \$5.00, Non-Resident \$5.00
Get picked up by the Recreation Bus at the Senior Center for a morning of running errands or visiting a local eatery. If you need to make arrangements for the bus to pick you up at your home, please call Betsy Anderson @ 423-2761. These short trips will take place both on and off Island to different destinations each week. Dates and locations listed on-line or by calling Betsy Anderson @ 423-2761. Seniors don't miss out! Limited space!!

*Register online at Jamestown.recdesk.com or by calling Betsy Anderson @ 423-2761 or e-mail at banderson@jamestownri.net.



JAMESTOWN PARKS & RECREATION

Youth and Teen Programs — Spring Schedule 2018

YOUTH PROGRAMS

■ YOUTH SOFTBALL LEAGUE

Who: The League offers 3 levels
Where: Lawn Softball Field & Ryan Park
When: Mon & Wed Or Tues & Thurs 5-7pm
Dates: April 2nd-June 15th
Costs: Resident: \$50.00 Non-resident \$60.00
This softball league is designed for girls who want to learn to play in an organized setting. Focus will be on fundamentals, skill building and player development. Players are provided opportunity to develop in a structured but fun environment. Organized practices and games make this a great opportunity for youth of all levels!
Girls Little League Coach Pitch..... Ages 6-8 Monday & Wednesday with EG/NK
Girls Little League Major.....Ages 9-12 Tuesday & Thursday EG/SK/NK/NARR/WW (experienced)
Girls Little League Minors.....Ages 8-11 Monday & Wednesday EG/NK/WW (new Players)

■ INSTRUCTIONAL GUITAR CLASS

Who: Ages 8-12
Where: Recreation Center
When: Saturdays 10:00-11:30
Dates: March 31st-May 12th
Costs: Resident: \$50.00 Non-Residents \$60.00
Back by popular demand!! This beginner guitar class will offer instruction in a small setting to learn basic chords, strumming patterns and playing techniques. Class will also provide opportunity for learning songs. Students are encouraged to bring own instrument, but some will be provided. Don't miss a "Beat" as class size is limited.

■ KARATE 1

Who: Ages 3-5
Where: Recreation Center Gymnasium
When: Tuesdays 3:30PM-4:00PM
Dates: March 27th - May 15th
Costs: Resident: \$50.00, Non-Resident: \$60.00
Allow your child to grow physically and mentally by practicing Karate. Karate offers many different benefits to youth such as, improved concentration, stress reduction, improved positive mental focus and discipline as well as flexibility and balance. Children will learn to respect themselves and others.
Please wear athletic attire.



■ KARATE 2

Who: Ages 6-8
Where: Recreation Center Gymnasium
When: Tuesdays 4:00PM-4:45PM
Dates: March 27th - May 15th
Costs: Resident: \$50.00, Non-Resident: \$60.00
Allow your child to grow physically and mentally by practicing Karate. Karate offers many different benefits to youth such as, improved concentration, stress reduction, improved positive mental focus and discipline as well as flexibility and balance. Children will learn to respect themselves and others.
Please wear athletic attire.

■ KARATE 3

Who: Ages 8-12 (must have completed minimum of two sessions w/ Sensei Bobby)
Where: Recreation Center Gymnasium
When: Tuesdays 5:00-5:45
Dates: March 27th -May 15th
Costs: Residents \$50.00 Non-Residents \$60.00
This karate class offers progression from Karate 2. There is an increased emphasis on mental focus, discipline and balance. Participants will learn life skills and healthy habits.

■ STICKY FINGERS

Who: Ages 3-5
Where: Recreation Center/Teen Center

■ ADULT 30+ BASKETBALL

Who: Adult Ages 30+
Where: Lawn Avenue School Gymnasium
When: Wednesdays 7:30 PM - 9:00 PM
Dates: March 28th - May 2nd
Costs: Resident - \$30, Non-Resident - \$40, Resident Drop In - \$3, Non-Resident Drop In - \$5
Sign up for some Ball! Held right in the Gym at Lawn Avenue School every Wednesday night. Weekly pickup games provide competitive play and a great workout. Registration is required. Court appropriate footwear required.

■ ADULT 40+ INDOOR SOCCER - WEEKLY PICKUP

Who: Adult Ages 40+
Where: Lawn Avenue School Gymnasium
When: Sundays 9:00 AM - 11:30 AM



4TH ANNUAL TEEN CENTER AND POLICE DEPARTMENT DODGEBALL TOURNAMENT!

Who: For 5th grade & up
When: Friday, April 6th from 6:00-9:00 PM
Where: Recreation Center (41 Conanicus Ave)
Cost: \$20 for participants, FREE for spectators! Participants receive a free t-shirt as well

Join us for the 4th Annual Jamestown Teen Center & Jamestown Police Department Dodgeball Tournament! This year is extra special, as we are celebrating the teen centers 10 Year Anniversary. Last year we had over 100 people attend and 50 players! Who will win the trophy this year?! Each participant competing will receive a special team t-shirt. To register please do so online at; Jamestown.recdesk.com, or at the Recreation Center. The last date to register is April 3rd. We will have free pizza, music and raffles for players and spectators! This is a family friendly event & friendly competition, please join us and cheer all of the players on. For any questions please call Recreation Coordinator, Molly Conlon at, 401-423-7261, or by email at- mconlon@jamestownri.net.

When: Tuesdays 11:00-11:45
Dates: March 27th - May 15th
Costs: Residents \$20.00 Non-Residents \$25.00
Sticky fingers is a hands-on arts & crafts class designed for ages 3-5. This class encourages creativity in a fun and positive environment. Students will explore different mediums, through hands-on activities using paint, dough, cotton and other textures.

SPECIAL EVENTS

■ PITCH, HIT AND RUN LOCAL CONTEST

Who: Boys and Girls Ages 7-14
Where: Lawn Avenue Baseball and Softball Fields
When: Saturday May 12th 1pm-3pm
Costs: FREE
Pitch, hit and Run is an event that provides youngsters across the country with an opportunity to participate, free of charge, in an exciting baseball/softball skills competition.
There are two separate divisions of Pitch, Hit and Run: baseball and softball. Participants will compete in one of the eight division age groups: 7/8, 9/10, 11/12, 13/14 (age divisions are the same in both softball and baseball). Age is determined as of 7/17/2018. Participants may compete in either division.
Once a participant has competed in a division, he/she must remain in that division. The age groups will be divided as follows:
7/8 & 12/131pm- 2pm
9/10 & 11/12.....2pm-3pm

TEEN CENTER PROGRAMS & ACTIVITIES

■ BOXFIT

Who: 5th grade & up
When: Mondays, from 4:00-5:00 PM starting 3/26-5/21
Where: Recreation Gymnasium
Cost: \$100 for Teen Center Members, \$110 for Non-Members
Boxing is the hottest new trend! Classes are 1 hour long. Join this full body class that incorporates all the fundamentals of a boxer's workout. You'll jump rope, shadow box, practice pad work, practice some heavy bag work and partake in lots of heart pumping exercises in a fun and motivating environment. This would be altered to meet the appropriate work out for middle school aged & high school youth. These classes are taught by a trained professional from Newport Boxfit. Please wear athletic clothing and sneakers. Gloves are not required and will be provided.

■ BOARD GAME CLUB

Who: Grades 5-8
When: Thursdays, from 5:30-6:30 PM starting 3/29-5/17
Where: Teen Center
Cost: \$20.00 for Teen Center Members, \$30.00 for Non-Members
A new, fun after school programs where you can hang with friends and compete in epic board games like; Catan, Exploding Kittens, Chess, Checkers, Giant Jenga, card games, battleship and more! The teen center offers the perfect space to get together for some friendly competition. Staff will help youth learn the rules and will help facilitate the games. This group serves as a relaxing way to socialize, as well as gives the opportunity to partake in some creative and critical thinking. Join our club for the opportunity to share time with peers who share a common love of games. Limited space. Max of 12 participants.

Dates: 12/10 - 4/29
Costs: Resident - \$35, Non-Resident - \$50, Resident Drop In - \$5, Non-Resident Drop In - \$10
Come get your kicks Sunday mornings at Lawn Avenue Gymnasium with our adult, over 40 Pickup Soccer League! 19 weeks of action will keep you moving through the winter months. Court appropriate non-marking footwear required.

■ ADULT VOLLEYBALL

Who: Adult Ages 30+
Where: Recreation Center Gymnasium
When: Wednesdays 5:30 PM - 7:00 PM
Dates: March 28th - May 9th
Costs: Resident - \$20.00 Non-Resident - \$30.00
Come and bump, hit or spike at The Recreation Center every Wednesday night. Adult pickup games to get you ready for the upcoming summer beach action! All skill levels are welcome. Court appropriate non-marking footwear required.

■ LINE DANCING BEGINNERS CLASS

Who: Adults 18 and Over
Where: Recreation Center Gymnasium
When: Mondays 6:00PM - 7:00PM
Dates: March 26th - May 14th
Costs: Resident: \$40.00, Non-Resident: \$50.00
Line dancing is a great workout for the mind and body and a wonderful way to meet new friends. Learn dances to some of your favorite songs! No prior dance experience needed. The only rule is to have fun!

■ LINE DANCING BEGINNER PLUS CLASS

Who: Adults 18 and Over
Where: Recreation Center Gymnasium
When: Mondays 7:00PM - 8:00PM
Dates: March 26th - May 14th
Costs: Resident: \$40.00, Non-Resident: \$50.00
Line dancing is a great workout for the mind and

■ CULINARY KIDS

Who: Grades 5-8
When: Wednesdays from 4:30-6:00 PM starting 3/28-5/16
Where: Teen Center
Cost: \$45.00 for Teen Center Members, \$50.00 for Non-Members
Our winter culinary class was such a success, that we've decided to swing into spring with a new class! With spring comes fun, new meals to try! The days are getting longer and a variety of more fresh veggies and fruits are hitting the grocery store! Step into our kitchen and learn some basic cooking skills and explore more about seasonal cooking/grilling. No prior cooking experience necessary.



■ YOUTH CROCHET

Who: Grades 5-8
When: Tuesdays from 3:30-5pm starting 3/27-5/15
Where: Teen Center
Cost: \$40 for Teen Center Members, \$45 for Non-Members
Spring is upon us, but that doesn't mean you have to put your hooks away until next winter! This spring session of crochet will focus on learning some patterns that can take you through the whole year, such as a reusable grocery bag or face/dish cloths. Whether you're brand new to crocheting, or looking to expand your skills, join us. All skill levels are welcome. You may bring your own yarn and hooks if you have them, but materials will be available at every class.

■ FUN WITH FELT

Who: Grades 5-8
When: Mondays from 3:30-4:30 starting 3/29-5/21
Where: Teen Center
Cost: \$20 for Teen Center Members, \$35 for Non-Members
Fun with felt is a hands on arts and crafts class that teaches some basic pattern making and hand sewing skills. Learn to turn your imagination into a reality by creating a felt stuffed animal/object of your choosing and design. All skill levels are welcome, no sewing experience needed. All materials will be provided so just bring your imagination!

■ PARENTS NIGHT OUT

Who: For K-6th Grade
When: 4/13, 4/27, 5/4 & 5/18 from 5-9 pm
Where: Recreation Center
Cost: \$20 for one-child, \$40 for families of 2 or more
Back by popular demand! Parents night out is back for 4 spring sessions. Drop your kids (grades K-6th) off at the rec center for a night of structured games and activities. We will even feed them dinner...yum! Pre-registration is a must as there are a limited number of spots. These sessions consistently fill up quickly!



Photo by Walmir Secchi

body and a wonderful way to meet new friends. Learn dances to some of your favorite songs! This class is for dancers who have had previous experience with line dancing.

■ ADULT PICKLEBALL

Who: Adult Ages 18+
Where: Recreation Center Gymnasium
When: Tuesdays, 8:00 AM - 12:00 AM & Fridays, 10:00 AM - 1:00 PM
Dates: March 27th - May 18th
Costs: Resident \$20.00
Swing into shape with Pickleball! It is a paddle sport created for all ages and skill levels. The rules are simple and the game is easy for beginners to learn and can develop into a quick, fast paced, competitive game for experienced players. All levels of play are welcome!

